The Philmont Ranger's Notebook

Philmont Scout Ranch

and

Explorer Base

BOY SCOUTS OF AMERICA

I agree to join with the

Boy Scouts of America

in protecting my country's

natural beauty and conserving

her natural resources.

PHILMONT RANGER SONG

I want to go back to Philmont
Where the old Rayado flows,
Where the rain comes a seepin'
In the tent where you're a sleepin'
And the waters say hello.

I want to wake up in the morning
With my socks all wringing wet,
For it brings back fondest memories,
That a Ranger can't forget.

I want to hike once more the
canyon floor
From Scriblins to Old Camp
With my pack sack a creakin'
With my back with sweat a reekin'
And my legs begin to cramp.

I want to hike again with such great
men - As made those famous treks
From Beaubien to Porky
and from Cito to Car Max.

-1961 Philmont Rangers and Staff-

THIS NOTEBOOK IS THE PROPERTY OF

RANGER_____

IF FOUND, PLEASE RETURN TO:

RANGER HEADQUARTERS

PHILMONT SCOUT RANCH

AND

EXPLORER BASE

-OR-

HOME ADDRESS:

_____

_____

_____

1970
SUMMER CALENDAR

JUNE

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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YOUR USE OF RANGER'S NOTEBOOK

This notebook is provided to you, as a member of the Philmont Staff serving as a Philmont Ranger.

As a ranger, you represent not only the entire Philmont Staff and administration but also the Boy Scouts of America.
You are Philmont's ambassador of Scouting to the many leaders and boys you serve.

In the guidance and teaching of groups visiting Philmont, follow this outline closely making certain to cover all items.

The notebook is divided according to the four training days you will be with each group.

USE OF (1) RANGER'S NOTEBOOK

This includes from the time the group arrives until you say goodbye to them on the Philmont trails.

The successful experience of leaders and boys at Philmont will be the direct result of your ability, skill, and diligence in presenting this essential information and teaching these basic skills the group will need on the trail.

PHILMONT
IS COUNTING

ON
YOU

MR. RANGER

USE OF (2) RANGER'S NOTEBOOK

STAFF AIMS AND OBJECTIVES

1. To provide every camper with an experience that will match his high anticipation.

2. To demonstrate before every camper the best of:
   - Scouting spirit
   - Leadership
   - Program resources

3. To develop on the part of every camper a keener awareness and appreciation for the great out-of-doors and the responsibilities that accompany the privileges of living in the out-of-doors:
   - To use and not abuse
   - To practice conservation - wise-use
   - To keep America beautiful

4. To put into practice the principles embodied in the Scout Oath and Law -

In our daily living among our fellow staff members, and with each individual camper.

By so doing, each of us will respect the human dignity of each person with whom we will come into contact during the season.

5. The embodiment of the idea of necessity and practicality of proper scouting and camping skills.

5 STEPS IN TEACHING

1. INTRODUCTION
   Brief introduction of subject.

2. EXPLANATION
   Here you tell them how.

3. DEMONSTRATION
   Now you show how.

4. APPLICATION and practice
   Here's where THEY do it.

5. EXAMINATION
   Test 'em out.

How much did they learn?

5 STEPS (5) IN TEACHING

HINTS ON TEACHING OTHERS

1. Set a good example.
   Check your appearance-uniform
2. Make them comfortable.
   You face the sun
3. Know your subject - be prepared.
4. Use your reference material.
   Don't hesitate to refer to
   Ranger Notebook and guidebook.
5. Talk to the whole group.
   Look them straight in the eye
   Speak clearly and loud enough
6. Keep it simple, make it fun.
   Explain fully but briefly
7. Encourage questions - allow
   time for, and welcome questions
8. Never criticize in public.
   Don't scold, keep an open mind
9. Discuss problems with leaders
   first.
10. Forget how good you are -
    "We" is better than "I".

HOW TO MAKE A GOOD CRITIQUE

A short critique at the close of each day's training is essential, after cleanup or campfire.

. It provides a needed review.
. It reminds each person of things he may have forgotten.
. It gives you a chance to compliment the group.
. It's a double check for you as well as for the group.

A GOOD CRITIQUE INCLUDES--

Preview comments with leaders

Get their ideas and suggestions
Include them when possible

Brief review of day's activities

Point out highlights
Compliments on achievements
Constructive criticism
Be positive
Talk about the correct method
Don't use sarcasm

Summary of points for emphasis

Brief outline of tomorrow's plans

EXPEDITION ARRIVAL - ORIENTATION

Welcome - handshake - introductions.
Check in at Headquarters - use card.
Ranger stays with his group all day
and takes them to campfire.
Talk up selected itinerary.
Establish good rapport.

Shakedown.
Trading Post for trail equipment only.
Don't forget some freetime.

Constructive activities for remainder
of day, time permitting.
Nature-conservation area.
Big house - Seton Museum.
Philmont Museum (On own buses).
Horse corrals - Eastern groups.
Trace route on map.
New Mexico Story.

FIRST DAY (8) RESPONSIBILITIES

CHECKING IN YOUR GROUP AT CAMP HEADQUARTERS

Be on time in complete uniform.
Introduce yourself to the leader and
  to the group.
Extend friendly handshake.
Smile.

Give them time for a break before
  starting out - remember it's been
  a long ride.

Use the check-in card.

Explain what you are going to do.
Importance of sticking together
Knowing expedition number
Cooperation to get job done

Talk up itinerary as selected.
Don't lose them at the T. P.

EQUIPMENT AND PACKING

Use equipment lists in "Guide Book".
Lay out personal equipment.
Display group equipment.
Double check each item.
Be sure group has brought or purchased
    all group items not furnished.
Review importance of each person's
    providing adequate space for -
    . his personal belongings
    . his share of group equipment
    . his share of group food
Weight - emphasize going light.
    . how to cut it down
What to wear on trail.
    . uniforms best

What to carry on your person.

Care of feet - keeping clean, toenails.
Shoes - check them, laces, well-
broken in, care of.

EQUIPMENT AND PACKING

Socks - light to medium weight.
  2 pairs at a time
  socks rub on socks
  keep clean and dry
Poncho and ground cloth separate.
  Protect bedroll and person

Preparing for packing.
  Check type of packs group has
Recommend pack frame substitute
  when necessary.
Encourage use of plastic bags
Demonstrate with their pack, not
  yours. (Pack is a bag full of
  bags)
Everything tightly rolled
Crushables protected
No small loose articles

Packing
  Weight near top, in toward body
  Everything on inside.

PACKING

Assign crew leader to help ranger and leaders distribute group equipment. Consider ability to carry, size and pack.

Show how to pack items, such as axe, bow saw, shovel, group first-aid kit, maps, canteens, ponchos, cups, flashlights, camera, lunch, toilet paper, dining fly.

Pots - separated - in top of pack filled with food or breakables.

Stress packing same items in same place each time.

Items most used on top, in pockets, easy to get.

Leader carries sanitizing tablets

Weigh all packs and make adjustments as needed.

Carrying pack.

Putting on and taking off first halfway, then all way on.

PACKING AND PERSONAL HYGIENE

Use buddy to help
Handle pack carefully
Straps snug - no bounce
Shoulder pads
Ways of shifting weight and
    resting - use of hip strap
    and/or waist band.

PERSONAL HYGIENE

Uniform - proper wear and care
Laundry - in staffed camps
    on the trail
Bathing - when and where
    no washing or wading in streams
    soap in water

Shaving daily - no beards
    to encourage cleanliness

TRAIL SHAKEDOWN
(On trail from bus to starting camp)

On bus enroute - mention points of interest - explain day's plans

After getting off bus - sit group down and briefly discuss the various skills to be practiced during hike to starting camp.

Hike in - trail shakedown
Arrival at Starting Camp
Making Camp
Critique and plans for tomorrow

Review loading packs - "saddle up"
Pack adjusting
Hiking Order - leaders near front and at rear
Rotate places in line to give all a chance to lead
Keep about six feet between hikers
Importance of staying together
Never go alone - three or more

SECOND DAY (14) TRAIL SHAKEDOWN

TRAIL SHAKEDOWN
(on trail from bus to starting camp)

Rest stops - pack on - pack off
 Water discipline
 Stress pace and effects of altitude
 Trail sanitation - cat hole
 Disposal of trash on trail

Points of interest

Care of feet on trail
 Remove shoes and socks
 Use of foot powder
 Care of blisters - clean, cover, and
  do not puncture
 Keep socks dry and clean

Remember "you can't trade your feet
 in when they "break down". The
 success of your trip depends on
 your feet.

TRAIL SHAKEDOWN
(On trail from bus to a starting camp)

Trail Etiquette

The more noise you make the less you'll see.

Right of way goes to those coming up, except that burros have right of way over hikers.

Never molest or change a sign or trail marker. Replace fallen or down signs only if you are positive of its correct direction.

Help keep trails clean of trash.

Don't cut switchbacks.

Clean up messy camps.

Try not to disturb wildlife.

Use your tote-litter bag.

STARTING CAMP

SELECT A SITE
 Good drainage, level ground, shade,
 wind protection, gully wash, over-
 head limbs and other hazards.

THE COOKING FLY IS FIRST
 Top of pack - ready to use
 Everybody helps - select the spot
 Back to wind - one side down
 Support line to poles
 Use trees when available at
 approved, specified tent sites only
 Double stake
 Fasten loops through grommets-sticks
 Clove hitch around poles
 Bowline at corners of fly
 Taut line hitch at stakes
 Fireplace at front edge of fly
DIVIDE GROUP INTO BUDDIES
 Wood, latrine and fireplace, water
 and cooking area
 Assign more as needed, assign tools

STARTING CAMP

PITCH TENTS BY BUDDIES
 Select sites, set up tents
BREAKING CAMP
 Reverse the above - tents down first
 Fly last to protect equipment
STRESS CREWMANSHIP
 Everybody pitches in when he finishes
  his assigned job
 Set up an organized, written duty
  roster (see sample below)
 Have extra man work on Dutch oven
  when needed
FOR COOKING AND CLEANUP

	CLEANUP	COOKING	WOOD & WATER
Tues.	Joe Pete	Jim Bill	Rog Mark
Wed.	Bart Bill	Fred Bob	ZZ Mig
Thurs.	Rog Mark	Joe Pete	Jim Bill

STARTING CAMP

BOW SAW - AXE -HAND AXE - KNIFE
Use in combination to get job done
Firewood preparation - demonstrate
Bow saw - cut it down or off
Drag it in
Axe or hand axe - trim it
Bow saw - cut it up
Axe or Hand axe - split-contact method
Knife - shavings or fuzz stick
Teach use of hand axe if they bring
STRESS CONSERVATION AS YOU GO
Cut close to ground - bow saw
Undercut limbs - bow saw
Dead tops of trees - bow saw
STRESS CORRECT USE, SAFETY AND CARE
Bow saw - protect with hose, cloth
Place beside log
Hand and knees protected - it jumps
Keep strokes level - don't rock
Show how to test

STARTING CAMP

Axe - wear boots, protect with sheath
Keep off ground - handle with care
Protect from water, weather
Safe distance from people - objects
Hands low - legs apart - guard block
Show short swing first'
Contact method where possible
Trim towards top
Proper removal of axe from block
Sharpen with file and stone
File away from bit
HAND AXE - Kneel when using
Get down to your work
Contact method
Carry in or on pack - not belt
KNIFE - Jackknife preferred
Easily available - carry in pocket
keep it sharp - use stone
Sheath knife on hip, not front

USING WOODS TOOLS

Take it easy at first
Treat with respect
Practice - lots of practice
Take good care of them.

STARTING CAMP

WOOD, FIREPLACE, FIREBULDING

WOOD - Dead trees and limbs best
Dead top of oaks - good
Need tinder, kindling and firewood
Split it down to burning size
Keep it covered - plastic sheet
Leave a good supply

<u>Fireplace</u> - clear 6 ft. area
Use the one that's there
Build up with mineral soil
from your latrine - trail camp.
Protect with fly
Use down logs, non-explosive rocks

<u>Firebuilding</u> - "slap-dab" method
easiest
Support - 4" high - log, rock, can
Point it towards the wind
Tinder on either side
Kindling next - supported
Light on windward side

STARTING CAMP

SUPPORTING YOUR COOKING POTS
FIRE OUT - PROPER CLEAN UP

Supports - pairs of rocks, parallel
  logs, steel tent pins in 3's
Discourage crocked supports and lug
  poles
Set to keep pots close to fire andcoals
Area for Dutch oven cooking beside
  the fire.

Fire Dead Out -
Remove large logs and unburned
  firewood first - save after extin-
  guishing all fire and sparks.
Pile near permanent fireplace
Sprinkle water and stir
Use rinse water

Where new fireplace had to be made
Replace soil in latrine hole
Pile wood at side of site
Leave area better than you found it.

STARTING CAMP

COOKING TRAIL FOODS

- Read instructions at least twice
- Use prescribed amount of water until you have gained experience
- Allow time for water to boil in higher altitude
- Do not express your personal likes and dislikes in food
- Praise menus and trail foods

TIPS

- Use as few pots as possible
- Use plastic bags for mixing foods
- Soak used pots immediately
- Coals for Dutch oven cooking
- Use plastic food bags for trash
- Use plastic sheet for cooking cloth
- Protect open food from dust and wind
- Start longest cooking foods first
- Try to have everything ready and cooked at same time
- Watch over seasoning foods
- Don't try anything fancy at first

STARTING CAMP

Get them to do it right the first time
Full pot of hot water on before eating
Cleanup men set up wash and rinse pots
Use a little soap in wash water
Use sanitizing tablet in rinse
Each man wipes out own dishes
 using A.P.
Cleanup men start on pots
Each man washes own dishes and two
 volunteers do cleanup's dishes
Dunk with hot pot tongs and air dry
 dishes on plastic sheet
Strain garbage from dishwater
Use sump if available
If not, pour next to stump or tree
 away from campsite
Store clean dishes and pots in
 packs
Hang food between two trees out of
 animal's reach.

SECOND DAY (24) DISHWASHING

STARTING CAMP
GARBAGE AND TRASH
 Burn all burnables at camp
 Don't bury - animals dig up
 Cut out ends, burn and smash cans
 Wash glass

Non-burnables in trash can or
 carry in tote-litter bag to next
 recognized trash disposal
Carry all lunch refuse in tote-litter
 bag
 "While on the trail, don't throw
 or bury; if you can't burn, be
 sure to carry."
LATRINES
 Proper care in staffed camps
 Cleanliness is everybody's job
 No latrine - dig trench
  6" x 2½' L. x 1½ ' deep
 Use mineral soil for fireplace
 Fill and mark properly after use
WATER PURIFICATION
 Show 'em how and why

CAMPFIRE - informal

Songs follow the fire. Critique by ranger and leaders of complete training. Plans for tomorrow and the rest of the trip. Leave a chance for questions.

Strengthen leaders, show your confidence in them. Close with a few minutes of inspiration.

LEAVING A TRAIL CAMPSITE

Make certain fires are out. Remove soil and ashes from fireplace and place in latrine. Fill in and mound over latrine hole. Mark latrine with date closed.

Carry all non-burnable trash and garbage to nearest recognized trash disposal in your tote-litter bag.

Double check area for litter and fire.

TRAIL SKILLS

Re-emphasize all skills
Breaking camp
Ranger stays with leader
Inspection and check out

ON THE TRAIL
Finding your way, safety,
First aid, pictures, trail discipline,
water packs, forest fires, lost and
survival.

MAKING TRAIL CAMP
Selection of site
Location of cook fly
Digging latrine
Preparation of fireplace
Doublecheck all skills

Re-emphasize cleanings and sanitation
Critique
Campfire

THIRD DAY (27) RESPONSIBILITIES

ON THE TRAIL

Reference - Map Reading Outline
COMPASS - review use of
  Show how to orient
  Encourage frequent use by asking
  direction of travel of mountains,
  etc.

MAPS
  Keep easily accessible on trail
  Identify symbols, colors, routes, etc.
  Point out-locate land marks
  Orient map by landmarks, by compass
  Determine location
  Use of contours - elevation
  Measure distance on route
  Take a compass bearing from map

SHADOW-TIP METHOD (at lunch time)
  A survival skill of finding direction
  Gives general direction in sun
  How - select open area and drive
    stake in ground protruding 3-4 ft.
    Place peg at tip of shadow created
    by stick.

ON THE TRAIL

Shadow tip method continued

Wait 10-15 minutes, place another peg at tip of new shadow.
Draw line, stretch string or piece of grass between pegs.
This is approximate east-west line.
Place another string, or stick perpendicular to this line and you have north-south line.

The nearer mid-day-more accurate
Directions are true north-south lines
When checking with compass, we get magnetic reading and must compensate by considering compass declination for the area.

Philmont subtract (-13°)

OTHER METHODS OF DETERMINING DIRECTION
sun, stars, watch, etc.

ON THE TRAIL

SAFETY PRACTICES ON TRAIL

Take it easy - rest frequently
Stay together - don't string out
Check your group at all rest stops
Keep group pace down to average ability of its members

Methods of slowing group -
pictures, maps, wildlife, discussions, keeping a log

Iodine all water from other than established camp sources

Explain effects of altitude

FIRST AID

"What you have where you are, right now" - Ernest T. Seton

Don't panic, keep calm.
Minor cuts, abrasions - soap & water
Severe lacerations, bleeding - direct pressure.
Minor burns, sunburn - cold compresses
Severe burns - sterile dressing

ON THE TRAIL

First Aid continued

Sprains - treat as fracture until sure
Fractures - pad, support, and splint
Heat fatigue & exhaustion - rest, sleep warm, out of sun
Snake bites - very slight constriction cold water, calm, no cutting.
Breathing - mouth to mouth
Shock - warmth, head low
Report in - call a doctor.

ON THE TRAIL

FIRE - FOREST FIRES
Report forest fires <u>immediately</u>
to nearest camp.
Always send two and preferably three
Do not take group into fire area
or area where fire is reported.
GET YOUR group out of the danger
area as soon as possible.

LIGHTNING STORM
Stay away from wire fences, and large,
lone trees during a lightning
storm.
Avoid exposed hilltops

LOST - keep calm, don't get excited
Try to orient yourself, use map
and compass if available.
Take it easy, don't hurry or panic
Mark your direction of trail
At Philmont - go downhill, follow
ridge down
Do not travel at night, signal with
bright fire at night, smoke by day.

WILDERNESS MANNER

If you must - smoke only in camp -
never on trail
Use your tote-litter bag

Pick up all litter on trails and camps
No digging holes of any kind
Bury nothing
Avoid trenching tents
No fire trenches or holes
Carve a dead stick, not trees,
latrines, trail signs, etc.
Leave all green vegetation standing -
There's not enough for bough beds
Rocks can kill when thrown or rolled
downhill.
Large rolling rocks - very dangerous
Pet animals can have rabies
Put away all food when not in use
Bears can kill and wreck a camp
<u>Leave</u> them <u>alone</u>
Report all damaged trail and other
signs to nearest camp.

LEAVE A CLEAN CAMP
THIRD DAY (33) WILDERNESS MANNERS

SELECTION OF TRAIL CAMP

Look for water supply, firewood, wind and sun protection, enough space. Site should be well-drained, out of gullies or stream beds.

Check hazards, such as dust, wire fences, deadfalls and overhead limbs, lightning attractors and fire danger.

SEE PAGE 18 AND 19

LATRINE AND FIRE AREA

Dig latrine - wide - long - deep

Use unburnable soil from latrine to build up a fireplace area.

Carry dirt in plastic sheet

Always use old fire area if there.

WATER - SITES WITH NO WATER

For supper, overnight, breakfast need 25-30 quarts of water per crew.

Use extra water containers and carry from nearest water supply.

EMPHASIZE CLEANUP - BE CERTAIN ALL FIRES ARE OUT.

THINGS TO REMEMBER

Pull coals from fire and for oven
Do not place oven in fire
Preheat lid and oven near fire
Grease with margarine
Check seal of lid by sliding back and forth
Top heat is important
Use coals not ashes
Replace coals when they get cold
Clean oven with margarine and A.P.
Test bread with straw
Do not remove lid too often

RANGER FRUIT COBBLER

Easy to make - good to eat!
Serves 10-12 persons
Ingredients - 2 #2½ or 3 #303 canned fruit; 1 pk. biscuit mix or ½ box biscuit mix; 8 pks. ind. sugar; 1 stick (¼#) margarine.

MENUS

Preparation -

Grease and preheat oven
Prepare coals for oven
Place fruit, 4 pks. sugar and
½ stick margarine in oven
Sprinkle lightly with cinnamon
Heat until fruit boils
While heating, prepare biscuit mix
by adding small amount of water to
indentation in top of mix and
stirring with "twixer" in box or
bag until ball of dough is formed.
Add 3-4 pks. sugar and ½ teaspoon
cinnamon to biscuit mix
Drop small balls of biscuit mix
into boiling fruit.
Place lid on oven securely
Add coals to top of oven
Allow bottom coals to go out
Replace top coals as needed
Bake until dough is done.

COOKING TIPS

Breakfasts

Western omlette in Dutch oven
add wild onions

Oatmeal - cook last. Remove from fire when not quite done. Add raisins or other fruit

Mix milk night before - add one package of sugar for flavoring

Cook bacon in Dutch oven and use the lid for pancakes

Suppers

Add bisquick and sugar dumplings to chicken-ala-king 10 minutes before it is finished

Add butter and pre-mixed milk to instant potatoes

Add cinnamon to vanilla shake

Jello mixed in fry pans sets quicker

LEAVING YOUR GROUP

Ranger stays with group at least
until after breakfast

FINAL CONFERENCE WITH LEADER
Discuss individuals
Point out possible problems
Doublecheck plans
Last-minute questions
Discuss trails

SPECIAL CASES
When group needs additional help
call H.Q. on previous evening
for instructions.

CONTACT CAMP DIRECTOR
Indicate skills needing more train-
ing
Discuss junior leaders
Consider any reorganization of group

SO LONG - enthusiastic, with spirit.

INFORMATION A RANGER SHOULD KNOW

NOTE: Copy the latest information from your Ranger Training Outline

INFORMATION A RANGER SHOULD KNOW

NOTE: Copy the latest information from your Ranger Training Outline

COOKING TRAIL FOODS IN DUTCH OVEN

FRENCH CUPS: Ingredients -
Biscuit mix, appleberry sauce, sugar, cinnamon, and nutmeg.
Recipe: Mix 1 pkg. of biscuit mix into dough, add sugar to taste.
Prepare 2 packs of appleberry.
Flatten small pieces of dough into a cup shape. Fill dough with appleberry sauce and sprinkle sugar, cinnamon, and nutmeg on top. Bake in Dutch oven or pan put into Dutch oven until brown.

APPLE TURNOVER: Ingredients -
Biscuit mix, sugar, apple chips or sauce, cinnamon and nutmeg.
Recipe: Mix 1 pk. biscuit mix into dough, add sugar to taste. Let sit for few minutes while apple chips or sauce hydrates.
Roll dough flat and cut in 5" squares.
Place portion of apple on square; fold diagonally into triangular piece.
Pinch edges together. Bake in well-greased Dutch oven until brown.

MENUS

PIZZA: Ingredients -
Biscuit mix, sugar, cheese spread, tomato paste, sausage, salt and pepper.
Recipe: Mix 1 pk. biscuit mix into dough, add sugar to taste. Roll out to fit large fry pan, 1/8" thick, so it comes up on the sides. Pour on tomato paste. Add cheese, sausage, spices, spreading evenly. Bake in Dutch oven until crust is brown.

JELLY ROLLS: Ingredients -
Biscuit mix, sugar, jelly and margarine.
Recipe: Make like turnover or mix jelly in with dough so that small rolls have marbled-jelly effect. Bake in Dutch oven until crust is brown.

MENUS

DATE, PEACH, OR APPLE MUFFINS:
Ingredients - Dates, peach slices or apple chips, biscuit mix, corn bread, or gingerbread mix, sugar and margarine.
Recipe: Mix 1 pk. biscuit mix into dough, add extra sugar and ½ cube margarine. Mix in fruit. Make into muffins and bake in well-greased Dutch oven until brown.

OATMEAL, APPLE, DATE, PEACH OR PEANUT BUTTER COOKIES:
Ingredients - Biscuit mix, flavoring as above, margarine and sugar.
Recipe: Prepare as muffins, adding more margarine and sugar. Mix in ingredients to taste and form into thin slices or drops. Bake in well-greased oven until brown.

MENUS

SOPAIPILLAS: A Mexican dish from New Mexico and made from yeast-raised dough. Dissolve 1 yeast cake (1 envelope) in ½ cup water. Mix with 3 cups flour and ½ cup water (use 2 eggs instead of water if available) and mix into dough. Knead it for about 10 minutes, and set it to raise in a warm place until it doubles in size. Roll the dough flat, cutting it into 3" squares. Set the squares aside to raise again. Drop them into hot fat and cook until golden brown. Sprinkle with cinnamon and sugar or eat with honey as the Spanish do.

TORTILLAS: Besides frijoles (beans), tortillas are the Mexican's favorite food.
Cornmeal tortillas are made of 2 cups cornmeal, 1 tsp. salt, 1 cup wheat flour. Mix into stiff dough. Set

dough aside, for 20 minutes. After wetting hands, make dough into little balls, size of egg and pat them into very thin pancakes. Bake brown on both sides in Dutch oven.

Maple Biscuits

Melt ½ stick (1/8#) of butter in small frying pan, add pancake syrup until you have a thick syrup. Add biscuits and cook in Dutch oven.

Cakes

2 pkgs. bisquick, ½ pkg. milk, 2 tsp.scrambled eggs or french toast mix, plenty of sugar, and flavoring (½ pkg. hot chocolate or orange drink mix). Mix all together while dry, add water until consistency of corn bread mix and bake in well-greased oven - cocoa mix frosting.

QUICK BREAKFAST

Ranger should explain purpose to group.

May be used once or twice during an expedition for two very important purposes.

When expedition has a particularly long hike and wishes to break camp <u>as early</u> as possible.

For the last morning's breakfast prior to pick-up of expedition. Thus, cooking gear can be cleaned up the night before.

MENU - Juice, sugar-coated cereal, Pop Tarts, cocoa and dry milk.

Check correct quantities at commissary.

SONGS RANGERS SHOULD KNOW

THE PHILMONT HYMN

Written and composed by John Westfall
Philmont Staff Member

Silver on the sage
Starlit skies above
Aspen-covered hills
Country that I love
Philmont here's to thee
Scouting paradise
Out in God's country tonight
Wind in whispring pines
Eagle soaring high
Purple mountain ranges rise
against an azure sky
Philmont here's to thee Scouting
paradise Out in God's country
tonight.

PROGRAM REFERENCES(47)SONGS-PHILMONT HYMN

SONGS RANGERS SHOULD KNOW

THE HAPPY WANDERER

I love to go a wandering along
the mountain track
And as I go I love to sing,
my knapsack on my back.

Val-da-ree, val-da-rah, val-da-ree,
val-da-rah, ah ah ah ah
Val-da-ree, val-da-rah beneath God's
clear blue sky.

I wave my hat to all I see and
they wave back at me
And blackbirds call so loud and
sweet from every greenwood tree.
High overhead the skylarks wing
they never rest at home
But just like me they love to
sing as o'er the world they roam.

Oh may I go a wandering until the
day I die and may I always laugh
and sing beneath God's clear blue sky.

SONGS RANGERS SHOULD KNOW

ON MY HONOR

On my honor I'll do my best to do
  my duty to God.
On my honor I'll do my best to serve
  my country as I may.
On my honor I'll do my best to do
  my Good Turn each day
To keep my body strengthened and
  keep my mind awakened
To follow paths of righteousness.
On my honor I'll do my best.

SCOUT VESPER

Softly falls the light of day,
While our campfire fades away;
Silently each Scout should ask
"Have I done my daily task?
Have I kept my honor bright?
Can I guiltless sleep tonight?
Have I done and have I dared
Everything to be prepared?"

SONGS RANGERS SHOULD KNOW

DOWN IN THE VALLEY

Down in the valley, the valley so low,
Hang your head over, hear the wind
blow.
Hear the wind blow, dear, hear the
wind blow,
Hang your head over, hear the wind
blow.

Build me a castle forty feet high,
So I may see her as she goes by.
As she goes by, dear, as she goes by,
So I may see her as she goes by.

Roses love sunshine, violets love dew,
Angels in heaven know I love you,
Know I love you, dear, know I love
you,
Angels in heaven know I love you.

PROGRAM REFERENCES(50)SONGS-DOWN VALLEY

SONGS RANGERS SHOULD KNOW

THIS LAND IS YOUR LAND

As I was walking that ribbon of
highway
I saw above me that endless skyway,
I saw below me that golden valley,
This land was made for you and me.

Chorus:
This land is your land
This land is my land
From California to the New York island
From the redwood forest
to the Gulf Stream waters
This land was made for you and me.

SONGS RANGERS SHOULD KNOW

SHOE GAME ALA WADSWORTH

Instructions -

Have gang remove right shoe and kneel down in circle close enough to pass shoes from one to another.

Teach song to a "beat" as indicated below. Practice several times and then start passing shoes.

"Sorry - to pass-ez
Der-re Der-re Der-ra
Sorry - to passez
Ceci - ceca trappez."

Hold shoe in hand during last line, then continue song and passing shoes.
Appoint judges and disqualify those who miss until only the winner is left.

SONGS RANGERS SHOULD KNOW

PLANNING

4 "S's" - Songs, Stunts, Storytelling
and Showmanship

SONG LEADING

Select song and tell them the name

Be sure whole group has the key or pitch.

Tempo - beating time - start and stop together - be sure they see you - use your hands.

Information - the words, the tune, teach them.

Leadership - control - plan songs.
Do not ask what song they want, tell them. Follow the fire.

Pep-enthusiasm

BEWARE OF PARODIES, SONGS THAT ARE SUGGESTIVE OR MIGHT OFFEND.

Work for music, not just noise.
However, volume is important.

PROGRAM REFERENCES(54)PLANNING AND LEADING A CAMPFIRE-1

STUNTS

OPENING CEREMONY - make it good no matter how simple. It set the stage for the whole program.

CLOSING CEREMONY - always quiet and inspirational.

Censor all stunts <u>before</u> they are presented - if questionable, forget 'em. Games are also stunts.

STORY TELLING - voice important

<u>The Story</u> -

True experiences are best

Lots of action

Can you describe incidents clearly

Fast start - get instant attention

Surprise climax

<u>Telling the Story</u> -

Focus audience interest by your first sentence.

Phrase story - audience understands

Never "talk down" to audience

Learn to pause at right moment

Watch faces and gauge accordingly

Never tag a moral on story.

Telling the Story

Never read a story - tell it
Learn story well enough to see it
Use your imagination
Be careful with ghost stories
Never try to scare people.

Showmanship

A fire that burns down
Do not use chemicals or liquid fuel
  to start fire
Mechanical or electrical start okay
Control razzing - booing
Keep control - keep it moving
Use talents of group.

Never talk too long
A short message, to the point is best.
Bring in the adult leaders
Use boy leaders
You do not have to run the whole show.
Teach 'em how.

READ THIS REFERENCE LITERATURE

RANGER TRAINING OUTLINE

PHILMONT TRAILS

GUIDE BOOK TO ADVENTURE

CAMPING MERIT BADGE PAMPHLET

PROGRAM REFERENCES (57) LITERATURE

THE MAN IN THE GLASS

When you get what you want
  in your struggle for self,
And the world makes you king for a
  day,
Just go to a mirror and look at
  yourself,
And see what THAT MAN has to say.

For it isn't your father or mother
  or wife,
whose judgment upon you must pass;
The fellow whose verdict counts
  most in your life
Is the one staring back from the
  glass.

You may be like Jack Horner and
  chisel a plum
And think you're a wonderful guy,
But the man in the glass says
  you're only a bum
If you can't look him straight in
  the eye.

He's the fellow to please,
never mind all the rest,
For he's with you clear up to
the end,
And you've passed your most
dangerous, difficult test
If the man in the glass
is your friend.

You may fool the whole world
down the pathway of years
And get pats on the back
as you pass,
But your final reward will be
heartaches and tears
If you cheated THE MAN in the
glass. -- Anonymous

(This poem, fastened to the back of a Boy Scout mirror, was made available to Rangers by Jim Neidhoefer, former Camping Chairman and President of the Milwaukee Area Council, B.S.A.)